Healthy Choices Vending Machines

There's no way!
Or is there?

"The name of products contained in this briefing does not imply AF or

The Good, Bad and the Ugly

The Good

- Easy
- Fast
- Cheap

The Bad_

- Limited selection
- Not many healthy items
- Can’t read the labels

What is Good?

- ✓ Item must be ≤ 4 g fat per package
- ✓ Item must meet at least ***one*** of the following:
  - Not have sugar, corn syrup, or another sweetener as the first ingredient
  - At least 10% of a Daily Value
  - At least 2 g fiber

With your morning coffee

Frosted Donettes (1 package)	
Total Calories	400 kcals
Total Fat	24 g

Strawberry Nutrigrain Bar (1)	
Total Calories	140 kcals
Total Fat	3 g

Attack of the munchies

Lay's Classic, 1 bag	
Total Calories	230 kcals
Total Fat	15 g

Baked Lay's, 1 bag	
Total Calories	130 kcals
Total Fat	1.5 g

Pretzels, 1 bag	
Total Calories	170 kcals
Total Fat	1.5 g

Fight the desire to siesta!

Snickers (1)	
Total Calories	273 kcals
Total Fat	14 g

Chocolate Chip Granola Bar, (1)	
Total Calories	120 kcals
Total Fat	4 g

For the cookie monster

Chocolate Chip Cookies (1 pkg)	
Total Calories	400 kcals
Total Fat	18 g

Fig Newtons (1 pkg)	
Total Calories	200 kcals
Total Fat	4 g

Freezer Bulge

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Nestle Crunch Ice Cream Bar (1)	
Total Calories	300 kcals
Total Fat	21 g

INSTEAD

Battle the Bulge!!

Fruit and Juice Bar (1)	
Total Calories	110 kcals
Total Fat	0 g

Surviving the Vending Machine

Don’t rely on the vending machine for all your snacks/meals

Make good choices

Remember, all those calories saved can make a big difference!